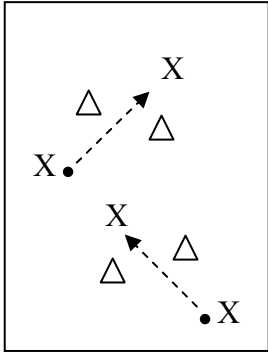
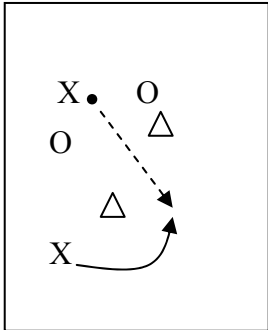
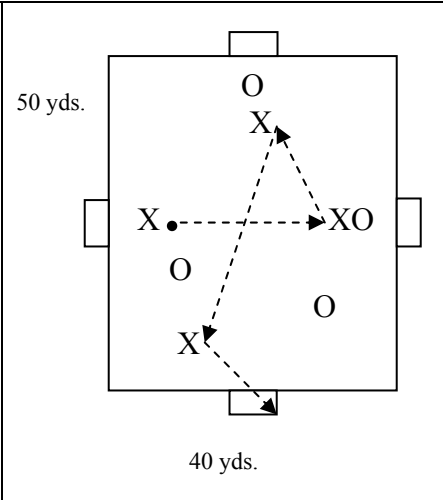
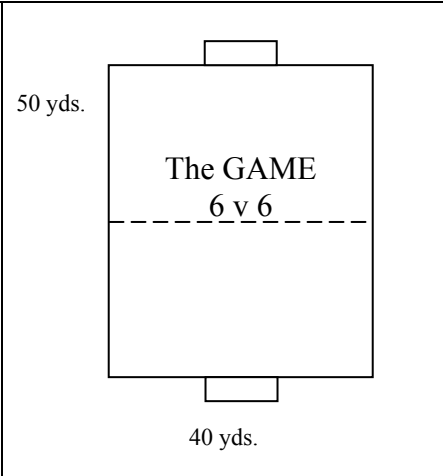


Topic: **Youth Module Session**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Gate Game. Full team – in pairs, each pair with a ball (40 x 50 or as needed). Coach randomly places 8-12 small goals (gates). Each gate is approximately three yards wide.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> Each pair of players attempts to play as many passes to each other (through the gates) as possible in 60 seconds. Players cannot pass through the same gate on consecutive passes. Repeat, and then challenge the players to improve on their previous score. Rotate partners. Right foot only, left foot, outside of right and left, etc. 	 <p>50 yds.</p> <p>40 yds.</p>	<ul style="list-style-type: none"> ✓ Proper technique and accuracy of the pass ✓ Change of direction and movement off of the ball ✓ Receiving and passing to feet versus space ✓ Verbal and visual communication and cooperation
Match Related 1			
<p>1 v 1, 2 v 2 exercise to one central goal (20 x 25 or as needed). Begin 1 v 1 and then progress to 2 v 2. Coach (C) distributes the balls.</p>	<ul style="list-style-type: none"> If the ball goes out of bounds, rotate new players from the sidelines. The coach begins play with another ball. To score, a team must dribble or pass through the central goal and keep possession. Award (1) point to dribble through and (2) points to pass through to a teammate. When a team scores, they stay on. Play is continuous to points or time. 	 <p>25 yds.</p> <p>20 yds.</p> <p>C</p>	<ul style="list-style-type: none"> ✓ Keep your head up while maintaining vision of the ball, players and field ✓ Shielding – spatial awareness, body position and balance ✓ Confidence to dribble or pass to a teammate ✓ Verbal and visual communication

Topic: **Youth Module Session**

Match Related 2			
<p>4 v 4 game to four small goals (40 x 50 area or as needed).</p>	<ul style="list-style-type: none"> ▪ To score, the attacking team must pass the ball through one of the four small goals. If the defenders win the ball, they become the attackers. ▪ Change the restrictions and award two points to dribble through and one point to pass through. ▪ Play until one team has scored (dribbling or passing) through each of the four small goals. ▪ Rotate players and teams accordingly. 		<ul style="list-style-type: none"> ✓ Awareness of space and time – speed of thought and decision making ✓ Team transition – support the ball in possession, defend around the ball when not in possession ✓ Encourage creative and instinctive play ✓ Changing the point of attack
Match Condition			
<p>5 v 5 with goalkeepers to two modified goals (40 x 50 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation: 1:2:1:2 vs. 1:2:2:1 ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Keep it FUN! ✓ All of the above
Cool Down			
<p>Dynamic movements and static stretching.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. ▪ Reduce heart rate. 		<ul style="list-style-type: none"> ✓ Review Session